Introduction to Emmett Miller

I am giddy with excitement. I'm not. I'm not just saying that. For our next guest. Because he is a legend. He is somebody that when you look at healing the new way of teaching patients the how that how to take responsibility for their own healing versus running to a doctor and doctor.

Fix me. I'm broken. This was the guy that really started that movement a long, long time ago. And his name is Emmett Miller. He's the author of one of my favorite books.

It's called Deep Healing. And you can go back to that book time and time again. And it's filled with such amazing tools for healing. Doctor Emmett Miller began his practice in 1970.

And right from the get go. So think about that. Everybody, like over 50 years ago when everybody else was, you know, just prescribing pills and and doing the traditional way of trying, you know, doing their best, trying to help patients.

He started taking a different route. He wanted to he wanted to help patients heal and take responsibility for their healing and their happiness and their well-being.

And I'm just so happy to have you on, Emmett, thank you so much for being part of this interview and part of our summit. You're welcome. I'm happy to be here. Yeah.

So we're I was talking to you a little bit earlier about, you know, back in 1970.

Early Awakening and the Holocaust

I said it must have been lonely because you weren't. You weren't part of the popular crowd back then. You know, you were speaking almost a different language than many doctors.

How the heck did you decide to have, you know, even the courage to do that and and get started on that path, which now, by the way, you've paved the road where many more people are accepting.

But back in 1970, this was almost a foreign language. You were speaking. You're out. Actually happened when I was in the fifth grade is when I got sensitized.

You know, we have these sensitizing experiences and they carry us through our lives. And this was why I picked the book at random from a table. And I had to write a book report on it.

The title of the book was Five Chimneys, and it was the story of how it's dark. You know, it was written by a woman physician who had been in the camps.

A Jewish woman who had lived, managed to live for two years in the camps, and then she wrote this book about what the Nazis were doing and how they were killing people and what was happening.

And that was the first time in the fifth grade that I learned about the Holocaust. Yeah. And the mechanized genocide that was going on. And, I mean, I grew up believing in, you know, America the Beautiful and where and enlightening the world and bringing democracy to everyone.

And, you know, things really beautiful out there. And I still cry when I hear the Star-Spangled banner. Yeah. You know, or the ramparts we watched and I go, and I hear I was seeing something that was so totally different from anything I had been raised to think about.

I said, this can't be. I said, do something horrible going on. I don't feel so. No, no. Well, Hitler's dead. We killed them. It's okay. I said, no, I said there were 10 million.

More than 10 million people killed. Only 6 million of them were Jews. But yeah, I mean, you know what? This was going on. And I learned how our country aided and abetted the system there, and how we turned around a boatload of people and sent them back and had to go, what if something's wrong?

And I couldn't find anybody else who could understand that? Okay, I'm going to figure this out. So I went into science and I figured science is how you get things done.

And then I switched into math because math was pure, because it came down to the logic, not what was possible, the logic of the system. I learned to program computers in 1962. Wow.

By the time I finished college, I decided I would go into medicine. Now, I could take the logic from my math, a science that I knew and learn how it applies to the human being, body and mind in the hopes that I could find an answer to it.

I mean, a lot of us have these pipe dreams about, you know, a big dream and Superman or whatever way. And when I got, I think the point I got it in medicine was I was making rounds with a very illustrious, British surgeon.

There was a woman in the hospital lying there in pain, and he came along. He says, I want to demonstrate rebound tenderness, which indicate that there's an infection inside the abdominal cavity.

And he said, because when you practice, rebound tenderness, it's the most painful thing that people can have when they've got pancreatitis and peritonitis and she pushed on a woman's belly and he went, and then he quickly let go, and she what?

Yeah. And it was like horrible. It was bad enough he hadn't introduced himself when he walked into her room with seven medical students standing around, I was shocked.

I think it took me back to the Hitler thing. Yeah. And he must have noticed it because he said, Doctor Miller, that's what they tell you. When they want to tell you, you're not really a doctor, so you better.

Okay, doctor Miller, demonstrate rebound tenderness on this woman. And I looked at him and I looked at her and I said, I said, you know, I've seen rebound tenderness before, and I agree this is the worst I've ever seen it.

And he said, demonstrate rebound tenderness. And I said, I cannot give this woman pain. Yeah. And she really doesn't need it. It's not doing me any good.

It's not doing anybody else any good. He said, step back, Doctor Miller.

Medical Training and Rejecting Painful Practices

And he proceeded to have the other six medical students, one by one, demonstrate she bound tenderness on this woman and, you know, perhaps one of the one of the best medical schools in this country that is dedicated to treating people physically, mind, body, emotion and spirit.

The Albert Einstein College of Medicine, this was going off. Wow. And then I started paying attention to help pay for it and the attitude toward patients.

And I had a beautiful family doctor whenever he came to see me when I was sick, he would pump on my chest with his fingers doing percussion. I didn't know what it was, but I always felt better after he his big, warm, chubby hands, I mean.

And it was like I always felt bad about the time he walked out of the door before I took. That's what I wanted to do

to people. I wanted people to feel better.

I wanted people to be happy. I didn't want to study some microscopic disease. All those wonderful that people do that they spend hundreds of hours in the laboratory to isolate a virus.

Yeah, I want to copy and I people have as I went through the rest of medical school, I noticed that the way I handled people and the way I touched them made this much difference to their healing as the different things that I ministered to them with medication, surgery?

Never. And upon finishing medical school and drafted into the Army to serve the Vietnam War more, I saw even worse atrocities. Yeah. Being committed. And as I was leaving medical school, I had a, residency scheduled at Columbia, Psychiatric Institute in New York.

And I could not dream of going back into medicine, so I started practicing general medicine. And within the first six months of my practice, I met someone who was practicing hypnosis or, hypnosis.

You may who he said know it's a very powerful technique. The American Medical Association studied it. And back in 1955. You can look this up very carefully.

And it is a very powerful tool that we can use. Every medical student should have at least 55 hours of training in it. I said, nobody even mentioned it to me.

You had zero hours of training in it. Yeah. And so I started sitting with this very brilliant physician who taught me how to work with hypnosis and hypnotherapy, how I could do surgery without having to use any anesthesia, how I could help inflammation clear up, and how I could take people deep into their past and do age regression.

And then I suddenly got it. My background in computers enabled me to understand the brain in which probably no doctor ever had no idea the doctor knew.

I had a program, computers in 1979. Yeah, right. So I began to recognize that the computer is actually a model of the human brain. Yeah. And so we can look at the computer as a, as a kind of a bio look at the brain as a kind of a bio computer.

And you understand how a computer works. You feed information into a computer, you tell it how you want to process the world, and then you feed data and it takes the data and it processes it and gives you a result.

And exactly the same thing happens in the brain. And so if you raise a child and you say, okay, these people are black and they are less than you, or these people are not Christian, so they're less than you are these people are Asian, so you don't have to respect them.

If that's the message you get this message that we get. We get that from looking at movies. We look at the news, we get it from what our parents are saying.

We get it from what's happening out there in the world. You get all these images about how you should be your big boy. You don't cry, you know? And I was a person who felt a lot.

I'm very compassionate person and I feel a lot of passion. And when I see wrong being done, it disturbs me. But should I let a tear fall from my eye and every guy would turn around, says, whoa, look who's cry.

Oh, you know. And we all learn this. We learn to suppress things. Yeah, we come into this world. We have to. I mean, people die. But how many of us have ever seen a dead person or spent any time around a dead person?

We hide death. So most of us never even confront the notion of death. We suppress the idea, the fact that we're all gonna die, and we live this fantasy, that we're gonna live forever.

Hypnosis, the Brain, and Mind-Body Healing

But we have an enormous amount of anxiety inside as a result of what we're suppressed. And it's the anxieties that we carry inside. I found out we're making the big difference for people.

So by the beginning of the 70s, I developed this set of techniques mindfulness, the use of deep relaxation, a process called guided imagery. Right. And I said, why should I just help the few people that I can see day to day seeing miracles, incredible miracles happen, people who weren't supposed to get better, people with parkinsonism, people with people who had lost 80 or 90 pounds due to ulcerative colitis, you know, up and dancing in a few months and living a normal.

I mean, so I right at that point they invented audio cassettes. And this is perfect because this is a way that I could take the information that I knew and teach people how to program their own minds.

We were blocked from having that information in the culture that we live, and we're blocked by doing it by those who empower. Those who empower don't want us to be free to make our own choices.

We're being programed constantly by the propaganda we get at home, the propaganda we get at school, the propaganda we get the government for propaganda, we get from our conspiracy theorist friends, the propaganda that we get from, advertisers.

It's incredible. Once again, you know, a lot of it is from yeah, you turn on us even a sports game and everything is this drug, you know, for this, that drug for that.

Absolutely. Yeah. I love I love your concept of the brain being like a computer because, you know, that's what I believe in, too. And then. And then the software are the thoughts, the emotions, the belief systems that sometimes are programed in us.

But we do have a choice whether we keep that program, it's like we have a choice. Do we keep, you know, an old version of software on our computer or do we upgrade it and what you're allowing people to do, even if they have the old crappy version that's making them stressed out and sick, they can always upgrade it.

You start it. You started doing it back in the 70s with audio cassettes. I know that you've helped millions of people. You've worked with, the championship football teams, Olympic athletes.

So not just people trying to heal. And I will say, though, and I was just talking to you about, you know, today's day and time, you're, you're you're a well-kept secret, you know, that's now needing to be re-exposed because your theories are timeless and incredibly powerful.

How did when you were started, first started doing this work? You opened your primary care practice as a medical doctor. People came in at first. They probably wanted you to fix them. Right.

How did you start to teach people the power of of going by yourself to heal versus looking for external this or that? How did how how did you how did you when people over to do that.

It's something I guess they used to call it bedside manner, but it's establishing and I vow relationship with the other human being. And to see that patient and rather than saying you're just a patient that come in and sit at my feet while I write something, I don't sit at my feet.

Yeah. You know, we can talk about in a predatory way. Medicine is practiced now, or you can see a person, you can show that they're you're interested in what's going on for them.

And not only do I want to know what your symptoms are and what how they came from and what you've done for them, but how do you feel about them and how are you handling what's going on and what's going on in your life?

You know, at a certain point I realized that when people are not speaking their truth, that puts a stress on the throat. When it puts a stress on the throat, you're more likely to get infections.

And so I begin to realize that when people came in with a sore throat, I wouldn't ask them about their lives. And I would find out either they were cheating on their girlfriend, or they were cheating on a test, or they weren't living up to something.

You know, they were lying in some way. And I said, well, you know, I can give you some medication to suppress the symptoms, but as long as you continue doing this kind of thing in your life, you're cutting down the ability of your throat to ward off bacteria and viruses.

You continue to get sore throats in this way. And, you know, may within 12 hours their problem will be gone, especially if they went and talked to the person and owned up to it.

But if they're speaking to another human being who says, I really care about you and you know this is your symptom, but there's something more important than just them, then you have symptoms.

And that which is more important than the symptom is, I guess, what we can call the stress response, the fight or flight response, that is built into every one of us.

It's a part of the brain called the paleo mammalian cortex, because every other mammal has it. It consists of the amygdala, and the hippocampus and the singular gyrus and a number of other features.

And it's the monkey brain. And we all have this unconscious monkey brain that's within us. And that part of us, whenever it sees something that it thinks is dangerous, it interprets that as a threat to your life.

Yeah. And that brings up the stress reaction within you, which means that you shift into a different mode. You start pumping cortisone out into your body.

Cortisol. You start pumping adrenaline into your body muscles tense up, and you go into a fight or flight mode because this part of you thinks that you are physically going to be dead in 30s if you move on, it speeds up the clotting of your blood and so forth.

And if that works really well and it works fine 500,000 years ago, when those are the kinds of threats that we have, but now we have the threat of losing our job, of not being able to pay for our mortgage, accepting some crazy virus or, people laughing at us, at us at the club or not being hired or the, maid is cheating on you or.

You're right, whatever. There's all of these things, and they're coming at us continuously. But. And so when this part of the brain which is unconscious, we we don't have any conscious control over this.

Stress, the Monkey Brain, and Disease

And when it sees when you think that there's a threat, that it turns on the anxiety response, all of these things happen in your body. The cortisol starts breaking down.

It starts dissolving the organs of your body to turn them into glucose. So you can fight off the lion. But the most important thing that it does is it inhibits the higher levels of your brain.

It turns off your prefrontal cortex, so you cannot analyze. You cannot create an adequate strategy. You cannot behave wisely because the concept of wisdom doesn't exist at the monkey level of thinking.

And you can't access your spiritual resources. And that's why you say stupid things. You drink stupid things, you smoke stupid things. You, you know, other people, you make really bad decisions when you're feeling anxiety, 80 for anger or resentment or jealousy or fear.

All those kinds of negative emotions are out of place in the world that we live in. Whether you're making decisions at work or in the relationship or in your investments, asking any good investment advisor, you don't come from your monkey brain.

You don't make a decision out of fear. For sure, an investment is not smart enough to deal with the challenges around us, but the anxiety that we have, the anger, the frustration and all that continues and continues.

And after a while you start getting physical diseases. You start becoming an unhappy person or a chronically fearful person. You start making poor choices.

You start start losing friends. You become paranoid. What are other people saying about you and you don't go to misses? Hey, someone said something and I was just concerned.

Is that something that you said? Is that something that you believe that you don't? You go, hey. So, hey, Mr. Wiseguy, I heard you said something. You know that we don't know how to approach situations and make love.

We're so ready to make war with people. Yeah. And so, anyway, so this is these are the people who are coming in and whether, where do we want to solve an individual problem?

Physical, mental, emotional, spiritual, behavioral or take your habit patterns and take your addictions. 93 93,000 people died last year of opium overdose. Right?

Look at the level of addiction that we have. Cigarets and alcohol and now pot, as well as hard drugs and math and cocaine. And look at the number of crimes that are committed.

And look at the I mean, look at the utter destruction that's happening and why everything one of those people does not know how to interact with their unconscious mind, doesn't know how to tell the amygdala.

I don't need any stress right now. Maybe now we go to, you know, I love all of you. And you were one of the first people, first doctors to, to start to teach people that, you know, everyone thought, like, I can remember, you know, back in the day, we're going to cure cancer.

We're going to find that drug that's going to, you know, wipe out cancer. And it's like it doesn't exist because a lot of cancer or, you know, you know, there's some genetic cancer, I'm sure, or something.

But but most of it is just we're stressing ourselves out. We're not running the the right software. And so like if you ran your car 24 hours a day, seven days a week, it's going to break down the same thing with the body.

And so you were one of the first people to to kind of, you know, tout the, the belief that it's happening from within us. You can you can cure it, but it's you doing that work and you can prevent all these different things by doing that work.

So somebody that's listening to this, that maybe has a chronic disease or a really scary situation that they're going through or diagnosis, what can they start doing now that number one will relieve the stress level that they're putting on themselves.

And number two can can help them heal or, you know, even find just a little level of a higher level of happiness, which I know is part of your your goal for everybody, that they're just a little happier.

What can they do? What are some steps that they can start to take? Well, basically the idea is that you want to stop having this unconscious part of the brain run the show, which is producing at least 80% of our illnesses, at least 95% of all of our emotional and mental problems.

And virtually all of our global and international problems, from climate warming to, to pollution to the fact that we're, you know, stumbling toward nuclear war or, you know, or perhaps, biological war, what's going on in this world

where we have so much wealth and we have so much beauty and we have so much knowledge.

The point is that the adults are not in control. The monkeys are running. So personally, you have to start with yourself. And that is to say, to recognize that anxiety, fear, anger, lust, judgment, criticism, resentment, all of these negativity, emotions, things that we would never choose to have, we're feeling it and we think it comes from the outside and it doesn't.

You don't make me angry and you can't make me sad. You can do whatever you want to do. It's how I interpret it. Yeah. And so stress is not something that happens to you.

Everyone's learned the word stress. I'm stressed out. Yeah, yeah. They're having to figure out where they are. You're so stressful. Is the stressful job.

None of that. That's not how it happens. Stress is not something that happens to you. Stress is something that you do with what happens to you and how you process it.

Getting back to the computer now. So you're surrounded by all of this information, all of the tension, conflict that you feel. These are all internal conflicts.

I'm not getting as much money as I want. I'm not getting as much love as I want. I'm not as famous as I want me to. Like there's a conflict between what you want and what you're getting.

The conflict creates stress that then makes you susceptible to disease. Yes, there are bacteria there. Yes, there were cancers. But this and and the research has been done in the last 34 years.

A wonderful because it's demonstrated all the things that I've been saying for the last 50 years. And so key to it all is to put your higher brain in charge of what's going on.

Like this, to stop for a moment, clear your mind and focus your attention. Stop being distracted by everything. That's the monkey's anxiety. That's got to be doing everything all the time.

Guided Relaxation and Healing Visualization

Stop and just be here for a moment with me and become aware of the simple fact that you are in a safe place right now. There's no other place that you need to go to.

There's nothing else that you have to do. There's no problem that you have to solve at this moment, and therefore you can give yourself permission to relax.

Really, you're giving the monkey mind permission to relax. Hey, my man, everything's cool. Mellow out. Take a deep breath in. And let it go. Just imagine the kind of feeling you've had after you put out a lot of energy.

Or you've been working hard or running hard or running to make the subway and boom, you finally landed. Okay, what happens? You go. Just breathe and breathe out in that way, and then take another deep breath in.

And as you breathe out this time, imagine you're breathing out all the stress and tension that were in your body and give yourself permission to relax.

Choose one point to look at in the distance. Don't look all over. You don't have to scan the horizon for anything. You got enough food and you're safe from any predators.

Everything's cool and as you look at that point, become aware of the fact that you can relax very, very deeply by following a few simple steps. And that is, let your eyelids close, let your eyes roll upward behind your closed eyelids, because there's nothing you need to see outside.

I'd imagine you see the word relax. And so it's being projected on the back of your forehead that the muscles of your eyelids relax all the way down to the point they don't want to open at all.

Like those times when your alarm rings in the morning but your eyes don't want to wake up, and you test your eyelids and they feel so heavy they just don't want to open that your eyelids have that feeling and test them.

And when you have that feeling of relaxation in your eyelids, they just don't want to open at all. Let that feeling of relaxation flow throughout all the rest of your body.

Imagine little ripples of relaxation flowing out from your eyelids, into your forehead and your scalp through all the muscles of your face, down through your neck.

Feel your shoulders relax and fall away a few millimeters from your ears. Feel the relaxation flow down through your arms, right out through your fingertips.

When you feel that relaxation reach the fingertips, sort of like a tingling or warmth, take a deep breath in and throughout that relaxation, up your arms from your fingertips into the center of your chest.

And as you let the breath out, let it be a feeling of letting go completely and then stop breathing and let the air do the breathing for you, just as it does when you're deeply asleep at night, while you observe as a breath in and as you breathe out, think to yourself the words it breathes me.

It breathes me. And then sink down into that part. After you breathe out and before you breathe in again, before the next breath starts itself. That pause is the quietest time of your trial.

Your mind and body, the wise ones say that's when we're closest to the spirit and feel that little spark that starts the next breath. In all by itself.

You don't even have to do that. You don't have to do anything except notice the rising and falling of your chest, the rising or falling of your abdomen with each breath, a gentle massage of relaxation, all your internal organs allow that relaxation to flow down through your hips and your thighs, through your legs and your ankles and your feet all the way down to the tips of your toes, growing more and more relaxed with each breath, more and more comfortable and more and more calm.

And notice how much more relaxed your body is feeling already. But this is a process. No matter how relaxed you become, you can always become more relaxed.

And as you feel the relaxation in your body, you may notice the unnecessary thoughts that come along. Unnecessary thoughts. Because you don't need to think anything right now.

You don't want to think about the past. You don't have to think about the future. You don't have to ask any questions or make any judgments. No comparisons nor evaluations.

No thoughts about the past. The past is gone forever. Not even one second of the past can never exist. This moment is the only moment existing. Allow yourself to be here, in this moment, in the here and now.

And perhaps that feeling of peace and calm reminds you of a time when you felt very happy, very free. Maybe a time when you, on vacation may have been a child, may have been in the arms of a loving parent or grandparent.

It might have been the time you held your child in your arm for the first time. A beautiful vacation, a fantastic musical experience, a poem that touched it to the core, a fantastic sunset.

Imagine you can float on a magic carpet of relaxation back through space time to one of those beautiful memories, one of those sacred moments from your past.

And any time an unnecessary thought comes along, imagine that unnecessary thought is like words written on a blackboard in your mind's eye, and then remember the relaxation in your eyelids as you gently test your eyelids.

Imagine you're drawing a wet eraser across your mental blackboard, erasing the unnecessary thought and sending another wave of relaxation flowing through your body.

And allow yourself to arrive at that memory, right? That beautiful scene can be a make believe seen the most beautiful, relaxing, peaceful, loving place that you can imagine.

Go there, see the colors around you, hear the sounds. Smell the fragrances in the air. Touch and feel the texture of anything that you touch, or the skin of the loved one that you're with.

You feel the happiness inside. You feel the joy and allow yourself to feel a sense of gratitude and of love. And maybe even a reverence to something really, really wonderful that you've been allowed to touch.

And that memory and that experience lives within you. And no matter where you are, and no matter what's happening around you, when you know that it's a place where you are safe and where you are free, you can pause for a moment and just remember this beautiful place.

Erase all unnecessary thoughts from your mind. Come back to where you are now. In fact, you can give yourself a little anchor. Squeeze your fingers together, maybe the thumb and forefinger in one of your hands, squeeze them tightly together and feel that feeling of joy, of love, of happiness, of oneness, of deep connection.

And any time you need to, you can squeeze those fingers together or place your hand on your heart, or in your belly or your forehead, wherever it may be.

That is your signal to take yourself back to this state of mind. Because in this state of mind, you are now free to access the unknown, omnipotent knowledge, the unlimited potential, the unlimited wisdom, and the spirit that you can access within you.

When you relax in this way and learn to let go of stress and go to deeper and deeper levels of freedom from stress, then you become more aware of your potential to be happy at any moment in time.

To feel free to choose wisely. To be a loving person. To solve the problems in your life. To erase the internal inflammation that was resulting from the stress that you were feeling, usually without even knowing about it.

Come back to this place, be at peace and think about how you want to go forward. Where with whatever comes next. If there's a challenge, let it be an exciting challenge and find a really creative solution to it.

Using Self-Hypnosis and Positive Programming

If it's a performance, envision yourself performing at your peak. If you're going to be with people you love, imagine your heart wide open. Loving and connecting with them.

If it is healing from your illness, visualize himself looking and truly, totally healthy and well doing something you really enjoy doing. Imagine you can look in the mirror and see a look of happiness on your face, a look of wisdom on your forehead that you are filled with vital energy.

You feel a deep self-confidence because you know that you now have the one tool you need to put you in charge of your own life, and that if you wish, you can choose to dedicate yourself to becoming the person that you came here to be.

Healthy. Well, happy, loving, successful. Imagine yourself as that person and as you do. Every cell in your body is orienting towards making that a reality.

And each time you picture yourself the way you really want to be, you become more and more of that person because that's the person you really are. Down deep inside.

Give yourself that permission and then gently, gradually guide yourself back on your magic carpet through time and space to this place where your body is resting comfortably.

Take a deep breath in as you let it out. Allow your eyelids to open. If they have been closed. Be present here and now, wide awake, and take a few moments.

Notice how comfortable you feel. That was awesome. That is awesome. Thank you. And for those we kind of slid right in there. So if you didn't know what was going on by the way, you just got a a great session from Doctor Miller.

And you had you had visualization, you had, meditation and you had hypnosis all in one. You had a and mindfulness and mindfulness. Yeah. Yeah, I did inventory and, I snuck a little prayer of gratitude in there.

Oh, yeah. Yeah, a little bit about reverence. You know, it's if you have those resources in you. I mean, if you really believe in that greater spirit.

Yeah. You can't be unhappy. You got to be happy in every moment. And use that happiness to create and create health. Yeah. So that's step number one. Yeah.

Addiction hypnosis, prayer, meditation, orogenic training. There's many terms get you that place and that begins to undo stress. You have to keep doing that.

And you keep lowering your stress level. And you're training your brain to think in a certain way. Step number two is once you have reached that level, you're at the programing level of the brain.

You now need to know how to speak the brain. The language of the unconscious mind. And that's where auto suggestion, suggestion, affirmation, cognitive restructuring, all of those things, how you learn to think wisely.

How does a wise person think? And that's why we follow take not or the Dalai Lama or, Yogi Shah. Yeah. Whatever. Leader, if you have a wise leader, you want to think like that person and you want to learn like that.

We live in a world now where everything around us is creating arguments, creating fights, the political parties. I mean, look at this incredible vaudeville of a farce that's going on politically, United States.

I mean. You have to laugh. Otherwise you have to cry. Yeah. Because we're so misled. Instead, we're fighting with each other. A house divided against itself cannot stand.

So what can you do about all of those adversaries out there? How about Gandhi, who said, the ally that you must always seek is the part of your adversary that knows what is right in the ally that you must always seek?

Is the part of your adversary that knows what is right? Yeah. Read the story about a black man who's become famous because he goes out and talks to white supremacists.

Yeah. And at the end of the conversation, they drop their supremacy ideas. And I mean, yeah, I've heard it does. He does. How does he do that? There are people who do that.

We all have the possibility of doing that in our own way. And that's what we need to learn how to do, is to see that we're surrounded by love. We've come here to love each other and to respect each other.

And yet we're being trained by this sick, sick, paranoid environment to not think that way. And then a stupid pandemic comes along when we need social like social isolation.

I mean, that's the worst thing that happened to us. We've got to do the opposite of social isolation, and we need to

do it quickly. And the way you do it is by having this level of confidence in yourself so that you to be who you came here to be and teach what you came here to teach and connect with people in the way that's that's really healthy.

Yeah. It's so powerful, so powerful and and so, Emmett, what you just gave us this is hypnotherapy, meditation, guided imagery.

Where to Find Dr. Miller's Work

You know, that beautiful session escape. People can listen to that again. And also, you've got several of those that you've created. I've listened to some of yours.

They're masterful work. Can people access more of your work? And I know you do also, webinars and all sorts of different things that can benefit people. Where can people find your work?

Yeah. What? I'm, pushing 80 years old right now, and I don't have the energy to continue to travel around. And I did help to wake the world up during the 70s and 80s.

And people are teaching now are the people who learn from the people that I taught. So I love that, and I think that I've moved on beyond that. I'd love to share with people.

And so I have a website that's going to live forever, and it's easy to remember it's Doctor miller.com Dr. miller.com. If you go there in a few moments, a thing will pop up and it'll say, look, you can sign here.

We'll send you a newspaper until you want to unsubscribe from it. The newsletter will tell you about my next webinar. I'll be talking about healing and accessing spiritual resources.

I'm calling them Life Meditations because in each hour of the webinar, I give a meditation at the beginning, usually a meditation at the end, wrapping up all the material that we've learned during then.

And you can see all the past webinars that have been there and it's all free. And I don't mind if you send a donation that'll just help me with what I'm doing.

You can also, that website itself has hundreds of hours of training so you can learn what mind body medicine is, learn what hypnosis is, learn what meditation is all with a focus of putting you in charge of your own life.

What you're being treated with is propaganda. Look up Edward Bernays b e r n a y s Edward Bernays, and look at what he did with Freud's work with the unconscious.

He created propaganda, and it was the propaganda that enabled Hitler to come to power, specifically straight line from from, from Freud through Edward Bernays, through Hitler, through what you're reading on the web right now.

And now the answer to me is real clear. I know how the German people got duped. I'm looking at the American people being duped. I'm looking at the Chinese people being duped.

I'm looking at it all over. And when you can see that when the big, big, big, big lie becomes clear to you and you understand how you've been misled, to know you think you know, it's okay.

You can imagine that. But give yourself a chance. So go to Doctor miller.com. You get a whole bunch. And then in addition to treat specific things like if it's high blood pressure or the addicting yourself from something or osteo per low process or whatever it might be.

Meditation. I've got hundreds of programs that I've created that you can purchase for an obscenely small amount of money, and then all you have to do is use it over and over again for a while.

And in a week or two, amazing things begin to happen. And I will say that obscenely small amount of money is

true. You're you're pricing is so expensive.

I'm like, it's like 1970s prices. I don't think you ever raised your prices. You know, you get you can get tremendous value at Doctor miller.com. I have several of your your meditation guided imagery hypno hypnosis sessions and they are fantastic.

So I can't I can't recommend you any higher. And and the thing is your life's mission, it's working giving people the power back to take control of their lives.

And thank thank goodness you started in the 1970s. And thank goodness you're still going strong right now because you made a huge impact. And it's been such an honor to have you on and be able to interview you.

Thank you so much for being part of what we're doing here. You know, I'm I still have a small medical practice and I also do coaching by way of zoom. Okay.

I can do it worldwide. Nice. Yeah. The small number of people. And you can access me for that on my website as well. We, we do an hour long coaching sessions.

These are for self-healing or for improving your life or improving your sports or something, your music performance or any of those things. Yeah. So you are a national treasure.

You are. Thank you. You're such a beautiful human being. And, thank you again so much. We love you and really appreciate you being on. Okay. It's been, been wonderful to be here, and and, good wishes to everyone.

And be well and be healthy. Take care. Yeah. Namaste.